CHAPTER 4

Developing an Infrastructure to Support Physical Activity and Healthy Lifestyles

Questions

- **Who is responsible for creating opportunities for a healthy lifestyle—the individual or the community?**
- **What factors influence physical activity participation and health?**
- **How do you see your future professional self facilitating healthy lifestyles for *all persons*?**

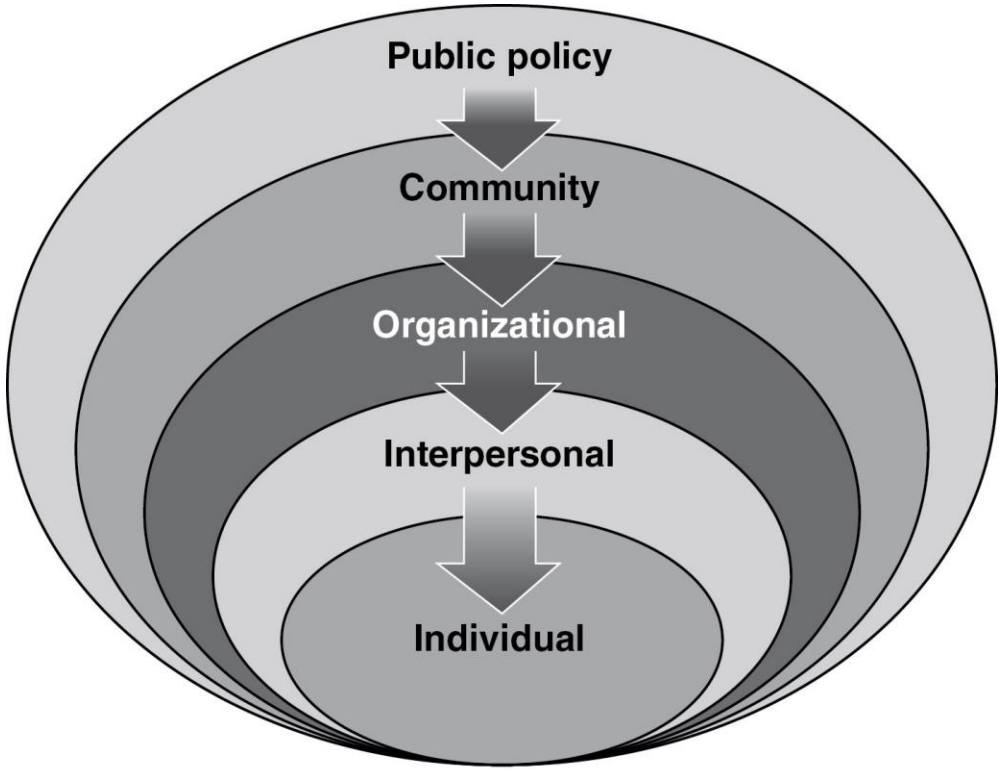
Objectives

- **Explore the relationship between the individual and the environment and how this affects physical activity access and opportunity.**
- **Describe how various agencies, governments, and organizations outline strategies to promote physical activity.**
- **Discuss how access and opportunity to physical activity might not be evenly distributed.**

Who Is Responsible for Your Health?

- **The personal responsibility view**
  - **Traditional view: Fitness and activity are personal choices**
- **Socioecological view**
  - **Intersection of individual and environment**

Figure 4.1



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Socioecological Model

- **Interpersonal influences**
  - **Family, teachers, peers, and social networks**
- **Organizational influences**
  - **School boards, workplace, and state and local governments**
- **Community influences**
  - **Design and access to physical spaces and programs**
- **Public policy influences**
  - **National, state, and local levels**

Effects of the Built Environment

- **How our physical surroundings influence our choices**
  - **Neighborhood walkability and safety**
  - **Availability of food sources**

- **Socioeconomic status of a neighborhood can have large impact on overall health and well-being of residents, independent of individual motivations.**

Whole School, Whole Community, Whole Child (WSCC) Model

- **Provides a quality example of an integrated systems approach to improving health and well-being**

- **Targets and engages all aspects of health**
  - **Physical activity**
  - **Nutrition**
  - **Social and emotional support**
  - **Community programming**

Figure 4.2

Reprinted from ASCD (2014).

Improving the Physical Activity Infrastructure

- **Infrastructure refers to facilities, recreation areas, bike paths, and programs.**
- **Safe, attractive, and accessible infrastructure is needed for public health.**
- **All must be available to all community members.**
- **Role of schools: Comprehensive School Physical Activity Programs (CSPAP)**
- **Sports: Long-term athletic development (LTAD)**

National Coalition for Promoting Physical Activity

- **Collaboration of allied health agencies**
- **Strategic objectives**
  - **Champion public policies that reduce barriers to physical activity**
  - **Increase the adoption of activity-friendly community models**
  - **Promote incentives that result in greater adherence to recommended physical activity behaviors**
  - **Influence policy and environmental changes for populations with low rates of physical activity**
- **Target areas for advocacy and public polity**

Government Efforts to Support Physical Activity

- **Organizational support improves within states with strong advocacy and accountability; policies without funding and oversight initiatives are NOT effective.**

- **Local regions are better suited to meet the specific needs of their residents.**
  - **Metropolitan versus rural within same state**
  - **Joint-use agreements between school districts and parks departments**

Six Themes That Define Our Present and Future

1. **Establish strong federal, state, and local policies**
2. **Distribute opportunity for physical activity more equitably**
3. **Focus on younger *and* older populations**
4. **Gender equity in physical education, fitness, and sport**
5. **Toward expanded school physical education**
6. **Toward an inclusive rather than exclusive sport culture**

Activity

- **Describe the primary programs or facilities for physical activity in your community (indoor versus outdoor; free versus fee).**
- **Are these programs easily accessible for everyone?**
- **You are asked to help write a physical activity-supportive policy and funding bill in your community. What would you include?**

Summary

- **Physical activity behavior is directly influenced at multiple levels (individual and infrastructure).**
- **Infrastructure that supports physical activity must be safe, affordable, and accessible by all.**
- **National, state, and local agencies are starting to work together to promote community-wide physical activity.**
- **Tasks/Assignments:**
- **Next Class:**